

The Senior Scene

Vistas de los Mayores



Division of Senior Services
February 2008

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**Administration Office****1121 Alto Street, Santa Fe, New Mexico****Patricia Rodriguez, Director****Front Desk Reception**

From Santa Fe 955-4721
 From outside Santa Fe 866-824-8714

Administration

Patricia Rodriguez, DSS Director 955-4799
 Ron Vialpando, DSS Assistant Director 955-4710
 Mary Dean, Administrative Supervisor 955-4777
 Gloria Polaco, Administrative Secretary 955-4721
 Sadie Marquez, Reception 955-4741
 Liz Williams, Reception 955-4733

Nutrition

Ron Vialpando, DSS Assistant Director 955-4710
 Thomas Vigil, Program Administrator 955-4740
 Yvette Sweeney, Administrative Assistant 955-4739
 Carlos Sandoval, Inventory Supervisor 955-4749
 Enrique DeLora, Inventory Specialist 955-4750

Meals On Wheels

Juan Apodaca, Program Supervisor 955-4748
 Robert Duran, MOW Assessments 955-4747

Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711
 M.E.G., Ventana de Vida
 Christine Sanchez-Warren, Prog. Coordinator 955-4715
 Luisa, Edgewood, Rio en Medio
 Cristina Villa, Program Coordinator 955-4725
 El Rancho, Santa Cruz, Chimayo
 Carmen Chavez-Lujan, Prog. Coordinator 955-4754
 Pasatiempo, Villa Consuelo

50+ Senior Olympics/Health Promotion

Carmen Chávez-Luján, Program Coordinator 955-4754

In Home Support Services, Respite Care**Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor 955-4745
 Katie Ortiz, Clerk Typist 955-4746

Senior Membership Registration

Brenda Ortiz, Database Specialist 955-4722
 Connie Valencia, Support Staff 955-4734

Transportation**Ride Reservations****955-4700**

Robert Chavez, Transportation Manager 955-4738
 Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada, Administrative Secretary 955-4756

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760
 Cristy J. Montoya, Administrative Secretary 955-4743

Miscellaneous

Lobby Area 955-4735
 Craft Room 955-4736
 Pool Room 955-4737
 FAX Machine - Administration 955-4797
 Conference Room 955-4757
 FAX Machine - Nutrition 955-4794

Newsletter Production

Kristin Slater-Huff, Editor
 Valerie Chelonis, Graphic Artist
 Judy Valdez, Copy Editor
 Donald E. Bell, Cover Photo

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO 351-4686

Benny Chavez Community Center
 Chimayo, New Mexico 87522

EDGEWOOD 281-2515

114 Quail Trail
 Edgewood, New Mexico 87015

EL RANCHO Community Center 455-2195

P.O. Box 3860
 Santa Fe, New Mexico 87501

ELDORADO 466-1039

Adam Senior Center, 16 Avenida Torreon
 Santa Fe, New Mexico 87508

LUISA 955-4717

Kitchen 955-6898
 1522 Luisa St. (enter from Columbia St.)
 Santa Fe, New Mexico 87501

MARY ESTHER GONZALES (M.E.G.) 955-4721

1121 Alto St. Santa Fe, New Mexico 87501
 MEG Kitchen 955-4751

PASATIEMPO

Kitchen 955-6433

664 Alta Vista St.
 Santa Fe, New Mexico 87501

RIO EN MEDIO Community Center 988-3053

El Alto Lane
 Rio en Medio, New Mexico 87506

SANTA CRUZ 753-8598

Abedon Lopez Community Center
 Santa Cruz, New Mexico 87567

VENTANA DE VIDA (Pacheco) 955-6731

1500 Pacheco St.
 Santa Fe, New Mexico 87505

VILLA CONSUELO 474-5431

1200 Camino Consuelo
 Santa Fe, New Mexico 87505

DIRECTOR'S REPORT

Dear Seniors,

On January 16, 2008, we held the monthly Division of Senior Services (DSS) Advisory Board meeting at the State Capitol Roundhouse. It was a pleasure for me to introduce Cindy Padilla who is the newly appointed New Mexico Aging and Long Term Services Department Cabinet Secretary. She is a former City of Santa Fe employee and will be a wonderful advocate for Senior Services. We are so excited to see one of our local Santa Feans representing New Mexico's senior citizens.

During the meeting, I welcomed several State Legislators who were present and the Honorable Judge Wechsler conducted an installation ceremony for the 2008 Division of Senior Services Advisory Board members. Also, Mr. Mariano Tixier assumed the position of Chairman and Ms. Mary Louise Giron assumed the position of Vice Chairwoman.

I am pleased to recognize and congratulate members of our 2008 DSS Advisory Board. County appointments include Virginia Montoya, Ray Chavez, Beverly Cottingham, and Robert Pavia. County members elected at large include Mariano Tixier and Sandra Levine. The joint City and County appointee is Kenneth Scott. The Mayoral appointments include Bernardo C de Baca, Elaina Gonzalez, Mary Louise Giron, and Virginia Soto. City members elected at large include Susan Warren, Rosemary Trujillo, and Joyce Eastwood. We look forward to working closely with these individuals to address the needs of seniors throughout Santa Fe County. Please turn to the next page to view photos of 2007 and 2008 DSS Board members.

Wednesday, January 23rd was Senior Day at the New Mexico State Legislature. Mayor Pro Tem Miguel Chavez, City Councilor Patti Bushee, and I welcomed officials and seniors from around the state. We appreciated seeing so many seniors and their families there. AARP guest speaker Dr. Bill Thomas gave an inspiring presentation, and numerous state legislators and officials were present. Governor Bill Richardson also addressed the crowd, always respectful of New Mexico's senior citizens.

And last but not least, don't forget to register for the 2008 50+ Senior Olympics by March 14th. This is the 30th anniversary of this fantastic program; come join the fun.

May God bless you all.

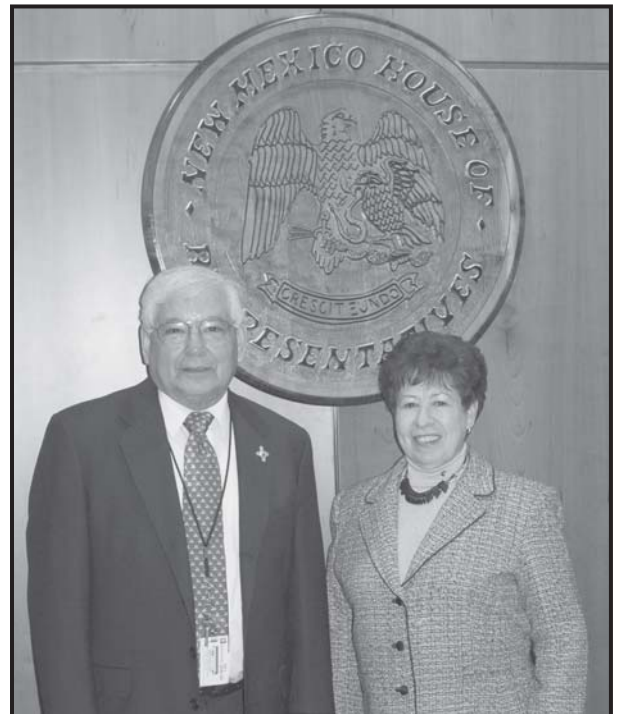


A handwritten signature in cursive script that reads "Patricia".

Patricia Rodriguez
DSS Director



DIRECTOR'S REPORT



DIRECTOR'S REPORT

SENIOR DAY AT THE LEGISLATURE - 2008



SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership Card with Photo?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. The card is white with the senior's photograph, emergency contact, medical conditions, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive vital funding for our programs.

If you do not have a card, please come get one. The card only costs \$2 and \$1 for a reprint. Please bring an emergency contact name and phone and the last 4 digits of your Social Security number.

If you have any questions, call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a Senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for meals only),
and must
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For individuals who currently possess a Senior Membership Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

NOTE: Membership Cards are not official identification.

SENIOR MEMBERSHIP CARD SCHEDULE FOR JANUARY 2008

M.E.G. Center	Tuesdays	February 5, 12, 19, 26	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	February 7, 14, 21, 28	9:30 to 12:00 & 1:30 to 3:00
Chimayo Center	Monday	February 11	11:00 to 1:00

SENIOR TRANSPORTATION INFORMATION

Senior Cost: Seniors age 60 or over .50¢ suggested donation per ride (one way trip)

Safe Ride: If you are under 60 and ADA certified, you must contact Annette Granillo in Transit at 955-2002 for transportation services. If you are 60 or over and use a wheelchair, you may contact Annette or call Senior Services Transportation at 955-4700. Under 60, but ADA certified, \$2.00 required fee per ride (one way trip).

Schedule: Rides are available 8:00 a.m. to 4:30 p.m. Monday through Friday.

Rides for medical appointments are given top priority over all other rides.

On the third Tuesday of every month (February 19), rides for commodity pick-up, medical appointments, and lunch at senior centers will be given priority. Other ride requests will be accommodated if possible. Transportation will close at 1:00pm on February 5th and 12th so staff can participate in a mandatory CPR and First Aid training. Last pick-up at noon. Medical appointments and lunch run only.

Contact: Call 955-4700 for all ride reservations.

Ride reservations must be made **at least 24 hours in advance**, before 4:00 p.m.

Ride reservations for medical appointments should be set as soon you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

NEWS & VIEWS

They will be missed...

Fabiola Dominguez, age 87, of Chamisal, died on December 22 after a short illness. She was born and raised in Chamisal and was employed as a bus driver and a cashier at Holiday Inn. She was involved in the Santa Fe Senior Services as a Senior Companion and as a Senior Olympian. May she rest peacefully.



Rita Romero passed away on January 5th, 2008. A generous woman who gave to everyone, including always sending her Meals on Wheels delivery driver back to the MEG center with bags of M&M candies for her granddaughter, Nutrition Administrative Assistant Yevette Sweeney. Her sweetness will be missed by many.



Ralph Digneo, age 83, passed away on Christmas morning 2007 after a brief illness. Ralph was born in Las Vegas, New Mexico and raised in his family home on Webber Street in Santa Fe until he enlisted in the Navy in 1943. He worked as an announcer on radio stations KTRC, KOBE and KEPO before becoming a teacher in Las Cruces and Santa Fe and then was Assistant Superintendent of Schools before becoming the first Principal of Nava Elementary.



Ralph was a member of the Senior Board of Directors for Santa Fe Senior Services as well as the Lions Club, the City Planning Commission, Historical Style Committee and City Different Retired Educators. His style and humor are missed greatly.

Miguel Trujillo, a lifelong resident of Santa Fe, passed away on January 8th, 2008. He attended elementary school in Pojoaque, St. Michael's High School, the University of New Mexico, and Highlands University, receiving Bachelor's and Master's degrees. He went on to teach at Santa Cruz, and Santa Fe High School, before joining the Navy. Then, he served as Principal of Pojoaque Elementary and High Schools before returning to Santa Fe to teach again.



Since his retirement, he became very active in Santa Fe Senior Olympics, competing and winning medals at the local, state and national levels. He also served as president of the City Different Retired Educators. Nobody who met him will forget that smile.

TubCuts

Accessibility to the bathtub is an issue for many seniors. TubCuts are unique tub modifications which allow easier access to the tub and help to prevent falls. Open Hands has been providing this service for over 5 years to seniors and the disabled who qualify under state and federal programs and is now offering this service to the general public.

TubCuts are adaptive tub conversions that can be done on any existing fiber-glass, acrylic, steel or cast iron bathtub. The cost is approximately one-fourth that of a conventional bathroom remodel and it is reversible.

For more information on TubCuts and our handyman services, please call The Job Shop at Open Hands at (505) 428-2366, visit their web site at www.openhands.org or email requests to schambers@openhands.org. Proceeds of TubCut installations benefit the programs of Open Hands, helping the elderly and disabled to live with dignity since 1977.

Volunteer Cashier Sought

The Villa Consuelo Senior Center (across Cerrillos Road from Wal-Mart) needs a volunteer to cashier for their lunches every day from 10:30 until 12:00. Even if you can only help a few days a week, they would really appreciate you. You will be fully trained and provided with all needed supplies.

Come spend time with some of the sweetest seniors you could ever hope to meet! For more information, please call Carmen Chavez-Luján at 955-4754.

NEWS & VIEWS

Technology left behind

(From Edgewood Senior Simon Arzigian)

Technology in all its manifestations is here to stay and continue to advance. The computer with its multitude of applications is indispensable to just about everybody. The ubiquitous cell phone, whose latest versions seem capable of doing everything except mix a martini, will at some point replace hard – wired phones. Innovations in technology are coming on line rapidly with constant upgrades needed to keep current. The daily exchange of e – mail and instant messages is a vast and growing way to communicate, to the dismay of the postal service. The occasional disruption of the flow of electricity, which disrupts computer use, reminds us of how dependent business and others are on computers.

This writer acknowledges the entire above but is unwilling to embrace the technologies of the 21st century. I am not opposed to technology but I prefer to operate, as much as I can, at the pre- computer level. In my early working years I used a manual typewriter to pound out letters, etc. I switched to an electric typewriter when one became available; and did not advance any further. For many decades I have not used any typewriter. Recently, I asked a ten-year-old if she knew what a typewriter was. She told me she had once seen one in a museum. That should tell you how far behind I am in technology.

The pen is my principal tool for writing. This short piece, for instance, is being written by pen. I corresponded by writing letters with pen and ink and use the postal service to deliver them. True it takes longer to write something by pen, and even longer to transmit it, than e- mail would. That might make me “old fashioned,” but, being 80+ the label does not bother me. For those who have advanced equipment I say “boot up” and have at it. I will continue using my pen. Instead of a machine checking my spelling I will use my hard – cover dictionary. I say “to each his own,” with my own being a pen. Incidentally, I only have a hard – wired phone. Note: in the interest of full disclosure, on occasion a willing granddaughter will process the final pen and ink version of an essay through a computer and make copies for distribution.

Caregiver Support Group

Alzheimer's

***“The Who’s, the Where’s, the When’s and the How’s”
Dementia and
Traumatic Brain Injury.***



“What can happen to my brain and how can I help to prevent it?”

Presented by: Bernice Morfin, Program Manager, Non-Metro New Mexico Area Agency on Aging.

This session will provide education and emotional support to adults who deal with stress associated when providing specialized care for homebound individuals. A supportive atmosphere is created so caregivers can comfort each other in meaningful ways, while getting some relaxation.

New faces welcome and we look forward to seeing you at Luisa Senior Center at 1522 Luisa St. (enter from Columbia St.) on Wednesday, February 20, 2008 from 1:30 p.m. to 4:00 p.m.

Refreshments will be provided!

For reservations, please call Theresa Gabaldon or Gloria Polaco at 955-472.

IMPACT Presentation

IMPACT Personal Safety will be offering an interactive presentation addressing how elders can stay safe from violence on the streets and at home.

IMPACT's approach is designed for the average person using skills that we already have, including awareness and intuition, to avoid even being picked as a ‘target’ by an assailant.

IMPACT Personal Safety believes that all people deserve to live free from fear, and delivers safety presentations and classes aimed at increasing an individual's independence and sense of freedom — an exciting result of having decreased fear.

The presentation will be at the Mary Esther Gonzales Senior Center at 1121 Alto St. on Thursday, February 28th at 9:30. This is a free event open to all seniors.

NEWS & VIEWS

Behind the Eight Ball

By M.E.G. Center senior Ramón Martínez

In the "Senior Olympics" 8 ball competition the results were as follows:

1. Ramon Martinez
2. Harold Huffman
3. Ernest Lucero

The 9 ball standings after the tournament and challenges were;

1. Louie Baca
2. Ramon Martinez
3. Robert Castellano

One pocket final standings after challenges were;

1. Ramon Martinez
2. Louie Baca
3. Robert Castellano

Beginning a series of tournaments for the year 2008 is an 8 ball affair. There are some partial results at this time from the first round as follows: Rosina Ortiz defeated Tacho Garcia. Jerome Serna defeated Juan Apodaca. Fred Herrera defeated Ernie Griego and then defeated Al Ulibarri thus advancing to the semi finals. Al Ulibarri has defeated Ernie Romero. Orlando Leyba defeated Richard Montoya.

The M.E.G. billiard room is a great place in which to play. Most players are well spoken, well behaved and quite proficient as pool players. So it is very hard to name the "pool player" of the month for January. After some serious thought, the M.E.G. pool player of the month is Joe Gomez. Congratulations Joe. Keep up the good work.



Behind the Eight Ball continued

Preview of coming attractions

There will be a February tournament. It will be a one pocket tournament, that will be of 3 divisions. The divisions will be Group A, Group B, and Group C. Each division will have 8 players of about the same ability, thus not allowing a Group A, Group C mismatched. It should be interesting. A final thought from "Behind the 8 ball is the following. We need new cloth for the tables. Money is an issue. Let's look for solutions.

Shoot straight, get good position, and win.

Add Some Color to Your Life

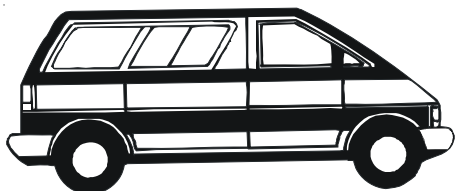
A very colorful gentleman living in Cañada de los Alamos seeks to add a few people into his life.

He needs at least one senior to help him edit and finish writing a book he is working on about La Llorona, the Weeping Woman. The work could include searching and applying for grant opportunities to pay said helper for his or her time.

He would also like to begin a sort of telephone "chat room" (he has no internet access). He'd enjoy having a few people whom he could call, or who would call him often to swap stories, share opinions and reminisce about Old Santa Fe. If there's anyone out there with a car who might like to drive him on day trips, he will pay for gasoline and regale you with stories from his 78-year life.

Lastly, he has a fascinating relic of a Mac Word Processor he's ready to part with.

For more information about any of these options, please call him: Eduardo Garcia Kraul at 995-9717.



No Transportation February 5th & 12th

DSS Transportation will be closed at 1:00pm on Tuesday February 5th and 12th so all staff can participate in a mandatory CPR and First Aid training. Last call for pick-up is noon. Medical appointments and lunch run only.

ECHO Commodities Food Distribution

Commodities are given to eligible seniors (age 60 and over) at the Santa Fe County Extension Building, 3229 Rodeo Road, on the third Tuesday of every month from 9:30 to 1:30.

The next distribution date is February 19th.

To find out if you qualify, call their office in Albuquerque at (505) 242-6777.



NEWS & VIEWS



Tax Aide Santa Fe

Attention all seniors:
They will prepare your income taxes for Free!
Through April 15, 2008

Appointments are not necessary.
First come, first served.

Santa Fe Community College, Fitness Center 2nd Floor
Mon.-Fri. 9:00 to 5:30 and Sat. 9:00 to 2:00
And at
New Mexico Taxation and Revenue Dept
1200 St. Francis Drive, Santa Fe
Mon. - Fri. 10:00 to 2:00

Anyone in New Mexico with income less than \$22,000 will get State refunds.
If you have not filed previously for this rebate, we will do the past 3 years for you.
If you are over 65, rebates can exceed \$300 per year.

In order to get the most refund possible, you should bring the following:

Photo ID

Social Security Cards for parents and children

W-2 year-end wage forms from each job for each person

If you work for yourself- all the income and expenses from your work

Interest or dividends received. You should bring the 1099 form from the bank.

Social Security year-end statements

Unemployment the W2-G form from the Labor Dept.

Gambling- Bring the 1099 ticket you got when you won and a list of all other bets paid in

Pensions- Bring the 1099-R form you received

Child Care- you must bring the amount paid, name address and tax number of the care provider

Medical Expenses- You can deduct what you paid. Total them up, and you will always owe less to the state and sometimes less to IRS

Mortgage Interest and Property Taxes- Bring the 1098 form from your bank and your tax bill

Charity Donations- Bring a list of everything you gave away with receipts for anything over \$500.

Direct Deposit- Bring a blank check or savings account deposit slip to get the refund 2 wks faster

Peter Doniger, District Coordinator AARP Tax Aide in Santa Fe

Cell 670-6835 or SFCC 428-1780 or email taxhelpsf@comcast.net or go to www.taxhelpsf.org

LEGAL & CONSUMER INFORMATION

Hang In There for Medicare

(From the Medicare Rights Center January 3, 2008
• Volume 8, Issue 1)

New research shows that for people who were previously uninsured, turning 65 can actually improve their health because they begin receiving Medicare coverage, which kicks in on their 65th birthday.

A study, published in the *Journal of the American Medical Association*, found that the health of uninsured individuals between 55 and 65 years old declined more rapidly than their counterparts with health insurance. But once both groups received Medicare coverage at age 65, the disparity in health steadily diminished. For people with diabetes and cardiovascular problems in particular, the access to treatment provided through Medicare slows, and even reverses, the sharp decline in health that begins when people forgo care that they cannot afford.

Still, the years without adequate health coverage take their toll. People who had health insurance before enrolling in Medicare remain on average healthier than people who spent much of their late fifties and early sixties without coverage. Separate research shows that the previously uninsured cost Medicare more after they enroll—they are less healthy and require more care. We know also, from their own stories that people with disabilities often go without health care during the two years they must wait after they get their first Social Security Disability check for Medicare coverage to begin.

The private insurance market does not work either for people with disabilities or for individuals in the 55 to 65 age group who do not get health insurance through their job and are also more likely to need costly care. Decent individual coverage is simply unaffordable, if it is available at all. But holding on until Medicare coverage begins is no answer.

Medical Record

"Aging: For Uninsured, Medicare Makes a Health Impact," Nicholas Bakalar, *New York Times*, January 1, 2008

"Use of Health Services by Previously Uninsured Medicare Beneficiaries," J. Michael McWilliams, Ellen Meara, Alan Zaslavsky, and John Ayanian, Commonwealth Fund, *New England Journal of Medicine*, July 12, 2007

"Too Sick to Work, Too Soon for Medicare: The Human Cost of the Two-Year Medicare Waiting Period for Americans with Disabilities," Robert Hayes, Deane Beebe, and Heidi Creamer, Medicare Rights Center, April 2007.

Wheelchair Scams

(Excerpted from Consumer Reports *On Health* December 2007)

Be wary of companies offering free wheelchairs and scooters: They may be committing fraud by charging Medicare for unneeded equipment. Red flags include calls from companies to whom you never gave your phone number and suppliers who try to steer you to specific doctors. If you suspect something wrong, contact this fraud hotline: 1 (800) 447-8477.

Freebie 411

(From AARP Bulletin May 2007)

The days of free directory assistance may be back- as long as you're willing to listen to ads. The tradeoff is that you hear an ad for about 15 seconds before you get the number. And if you are seeking, say, a particular pizza place, you may get hit with an ad for a rival pizzeria. The 800 numbers are in response to increasing 411 fees, which can be as high as \$3.49 per call.

For local and national listings, you can call:
1-800- FREE-411 (1-800-373-3411) or
1-800-411-SAVE (1 800-411-7283)

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired and Senior Volunteer Program office, at 955-4760 or email kwslater-huff@santafenm.gov. RSVP staff will enroll you in RSVP, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts and mailings while we set you up in the volunteer job(s) of your choice.

American Red Cross

Disasters come in many forms, from accidents like fires and toxic spills, to aggressive acts such as terrorism and attacks, to natural disasters along the lines of floods and severe storms. If citizens take a few simple steps to prepare before disaster strikes, many hardships can be avoided. No amount of preparation can prevent all disasters, so support services need to be in place for those affected to access.



The Santa Fe branch of the American Red Cross seeks volunteers for outreach and education in disaster preparedness and relief. Volunteers receive training, Red Cross materials and staff support. Then they speak to members of their community one-on-one or through group presentations. They follow programs such as "Disaster Preparedness for Seniors by Seniors" or they learn how to provide support to someone in the midst of an emergency.

Santa Fe Habitat for Humanity ReStore

The Habitat ReStore is where new and used building supplies are donated by individuals and businesses. Everything from tiles to windows to bathtubs to paint needs to be sorted, sometimes repaired, priced, and displayed for sale. There are more and more building material donations daily to process. The ReStore needs volunteers to commit to four hours each week.



Senior Olympics

Of course, there are always many opportunities to volunteer for Senior Olympics at the actual events, from organizing to keeping score or time to setting up the supplies, etc.

But, right now, they are looking for a volunteer to do some data entry of scores and contact information on City-issued laptop. There are events all spring, but you can type up the information whenever (or wherever) you like. It is a crucial job, but a fun one, as you see the names and scores or rankings of so many athletes. This would require a minimum of a few hours a week and you do not have to be involved in Senior Olympics in any other capacity to help out with this project.

Public Health Clinic

Greeters are needed for the entrance desk at the District II Public Health Clinic. This relatively slow paced volunteer job requires a smile, a friendly welcome and a willingness to direct clients to several available program (Medicaid, Health Services, Women, Infant & Children nutrition program, Children's Medical Services and others.) You might be surprised by how much is available under that one roof.

Training and orientation will be provided and volunteers will work one morning a week or one morning a month. The clinic is located at 605 Letrado St. (off St Francis at Alta Vista, behind the Salvador Perez Pool).

Aging Resource Center

The Aging & Disability Resource Center provides free information and assistance to the elderly and disabled on a large variety of topics including health benefits, prescription drug assistance, adult protection services, Medicare, Medicaid, brain injury programs, and services for the elderly and disabled.

The Center is recruiting volunteers to be trained as counselors in these services and areas. A few hours of time each week is rewarded with the satisfaction of making a real difference in people's lives. Be a valuable resource.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

RSVP Volunteer Hours worked in 2007

Did you know that Santa Fe RSVP members are wonderful? Well, it is true. During the year 2007, over 400 volunteers reported working 118,800 hours at 58 volunteer locations. Wow!



Virtual Volunteering

(From <http://www.serviceleader.org/new/virtual>)

Virtual volunteering means volunteer tasks completed, in whole or in part, via the Internet and a home or work computer. It's also known as online volunteering, cyber service, online mentoring, teletutoring and various other names. Virtual volunteering allows agencies to expand the benefits of their volunteer programs, by allowing for more volunteers to participate, and by utilizing volunteers in new areas.

Many people actively search for volunteer opportunities they can complete via home or work computers, because of time constraints, personal preference, a disability or a home-based obligation that prevents them from volunteering on-site. Virtual volunteering allows anyone to contribute time and expertise to not-for-profit organizations, schools, government offices and other agencies that utilize volunteer services, from his or her home or office.

If you would like to volunteer from home, email us at kwslater-huff@santafenm.gov.

"If you don't like something, change it. If you can't change it, change your attitude. Don't complain." - Maya Angelou



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of



FEBRUARY



Melvin Lewis	2/1	Geisa Gispert	2/17
Henry E. Gonzales	2/2	Nora Pompeo	2/17
Cathy M. Lomax	2/3	Lois M. Merideth	2/18
Leonora Feitelson	2/5	Sheila Cowing	2/19
Manuel B. Ortiz	2/5	J. Barbara Harvey	2/19
Joe O. Fernandez	2/7	Henry Aranda	2/20
Charles F. Knapp	2/8	Rita L. Solomon	2/20
Josie Vigil	2/8	Doug Schocke	2/21
Don W. Leffelbein	2/9	Alan G. Kalman	2/22
Ron Fellows	2/10	Ross M. Quintana	2/22
Al Hockwalt	2/10	Connie R. Kinsey	2/23
Merijildo V. Ortega	2/10	James A.	2/24
Ana Maria Martinez	2/11	Demarest	
Lugardita Gomez	2/12	Carol Kurth	2/24
Orlando Watson	2/12	Rose A. Vigil	2/24
Ross Martinez	2/13	Doris Jean	2/25
Patricia	2/14	Armstrong	
Lavengood		Florence R.	2/28
Irene Moyes	2/14	Jimenez	
Valerie Frost	2/15		

Have a Great Day!

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS

The following are a few examples of letters we received from people who receive services from our volunteer programs.

Letter from a Granddaughter

My mother is an elder who has been part of the Santa Fe community since moving here in 1996. In the first years, she was a volunteer who worked the front desk once a week at St. Vincent Hospital and participated in the various lunches and events – she enjoyed a more active lifestyle that her strength allowed her to experience.

After 2001, my grandmother no longer had the capacity to interact with the world in ways she'd taken for granted before. This meant that leaving her home was more of an endeavor and loneliness – a condition that most people who are isolated experience. It has been difficult for her to accept that she cannot be "herself" as she once was. When visitors sit with her at home, have a cup of tea, share stories with her, it puts her at ease, and reminds her of life a communion between friends where strength and capacity to do things aren't so important.

When her Senior Companion visits her, my grandmother feels like she has a place again as a complete person because it is like the old days when she had visited with others, she doesn't need to prove anything. My grandmother calls her Senior Companion her best friend. Most of my grandmother's old friends have passed away.

Because her Senior Companion is also older, she well understands the banes of living longer and gives my grandmother solace in a way that I cannot. I love my grandmother very much and one person's love is not enough. We all need friends. Thank you for helping my grandmother find new friendships at this time in her life.

Letter from a School Teacher

Our school has had the pleasure of working with the Santa Fe Foster Grandparent Program for over ten years. During this time, I have seen how invaluable this program has become to our school community. A few of our grandparents have been with us for over six years. They have become familiar and friendly faces that the students recognize year after year.

If the students are fortunate enough to have worked with a Foster Grandparent in their own classroom, they develop a lasting relationship with that grandparent. Having these adults in our school also has created an opportunity for our students to build a rapport with someone who may offer other life experiences. We have had the benefit of Foster Grandparents who are Spanish speakers, which has been an immense help to a school community like ours that has so many immigrant children. Our Foster Grandparents continue to work hard in our classrooms by tutoring and mentoring children in reading and other subject areas, by participating in fieldtrips and performances, and by exhibiting a dedication which brings them back day after day with a smile and loving attitude for the students and teachers. We are proud to have had such a long lasting and successful relationship with the Santa Fe Foster Grandparent Program. Every teacher would love to have these individuals working with their students.

In-Service

On Thursday, February 28th at 9:30 a.m. we will have a presentation from IMPACT Personal Safety.

Learn to protect yourself from personal assault through tips and awareness. You will not be required to volunteer on this day and should plan on attending this important meeting, held at the MEG dining room.

Program Reminder

Don't forget to get your taxes done on time. AARP is offering the service free of charge beginning February 1st at the Santa Fe Community College.

Call MEG at 955-4721 if you need more information or to schedule a ride.



Wow! None of our FGP or SCP volunteers were born in February.

ACTIVITIES *schedule by center*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Exercise (Class) Wood/Straw Tai Chi Karate Line Dancing (Beg) Ceramics Sewing Open Crafts	PASATIEMPO Mon./Wed./Fri. Wednesday Thursday Tuesday Tuesday Thursday Friday Friday	10:00 am 9:30 am 9:00 am 9:30 am 12:00 pm 1:00 pm 1:00 pm 1:00 pm
Board Games Ceramics (Beg.) Ceramics (Adv.) Exercise Bingo Art Technique Crochet/Embroidery	EDGEWOOD Mon. thru Fri. Monday Tuesday Tuesday Tuesday Thursday Friday	10:00 am 1:00 pm 1:00 pm 10:30am 12:30 pm 1:00 pm 12:30 pm	Art Exercise Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday Wednesday	10:00 am 9:30 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands Ceramics	EL RANCHO Mon./Wed. Mon./Wed. Thursday Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm 1:00 pm	Weaving Ceramics Open Crafts Wood/Straw Shopping/Errands Exercise Tinsmithing	SANTA CRUZ Tuesday Monday Tuesday Tuesday Thursday Tuesday Wednesday	9am/12:30pm 12:30 pm 9:00 am 12:30 pm 12:00 pm 10:00 am 1:00 pm
Coffee Pool/Cards Open Crafts Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Thursday Monday Tuesday Wednesday Friday Last Thurs. of Month	8:00 am 8:00 am 9:00 am 12:30 pm 11:45 am 9:00 am 1:00 pm 1:00 pm	Coffee Bingo Toastmasters Art Technique Open Crafts Exercise	VENTANA DE VIDA Mon. thru Fri. Monday Monday Tuesday Friday Mon./Wed./Fri.	11:00 am 1:00 pm 6:30 pm 1:00 pm 1:15 pm 8:30 am
Guitar (Beg.) Exercise (Open) Pool/Cards Hospice Crafts Bingo Tai Chi Quilting Jewelry Making Ceramics Wood/Straw Spanish Sing-A-Long Knitting Movie Day	M.E.G. Mondays Mon. thru Fri. Mon. thru Fri. Monday Monday Mon./Wed. Mon./Wed. Monday Tuesday Wed./Fri. Thursday Wed./Fri. Friday 3 rd Fri. of Month	9:00 am 8:00 am 8:00 am 1:00 pm 1:00 pm 8:00 am 8:00 am 10:00 am 9:00 am 9:30 am 9:30 am 11:30 am 2:30 pm 1:00 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw Sewing Yoga Yoga Tai Chi Clay Tapestry Weaving Bridge	VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Wednesday ELDORADO Monday \$3.00 Friday, Free Wednesday, Free Monday Thursday Thursday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 9:00 am 10:30 am 1:30 pm 10:45 am 1:00 pm 1:00 pm 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4721.

ACTIVITIES *schedule by class*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:00 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00am	Mon. thru Sat.

CERAMICS/CLAY

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood (Advanced)	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.
El Rancho	1:00 pm	Thursday
Pasatiempo	1:00 pm	Thursday
Eldorado	1:00 pm	Monday

COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday
Edgewood	12:30 pm	Friday

EXERCISE

M.E.G. (Open)	8:00am-4:30pm	Mon. thru Fri.
Pasatiempo	10:00 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30 am	Mon./Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	9:30 am	Wednesday
Edgewood	10:30 am	Tuesday

GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

JEWELRY MAKING

M.E.G.	9:00 am	Tuesday
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LINE DANCING

Pasatiempo (Beg.)	12:00 pm	Tuesday
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MARTIAL ARTS

Karate - Pasatiempo	9:30 am	Tuesday
Tai Chi - Pasatiempo	9:00 am	Thursday
Tai Chi - Eldorado	10:45 am	Wednesday
Tai Chi - M.E.G.	8:00 am	Mon./Tues.

MOVIE DAY

Luisa	1:00 pm	Last Thursday
M.E.G.	1:00 pm	Third Friday

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Thursday
Santa Cruz	9:00 am	Tuesday
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday
Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Friday

POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.
Eldorado	1:00 pm	Thursday

QUILTING/SEWING

M.E.G.	10:00 am	Monday
Pasatiempo (sewing)	1:00 pm	Friday
Villa Consuelo	9:00 am	Wednesday

SING-A-LONG

Luisa (Spanish)	11:45 am	Tuesday
Luisa	12:30 pm	Monday
(Sounds of the past)		
M.E.G. (Spanish)	11:30 am	Wed./Fri.

TINSMITHING

Santa Cruz	1:00 pm	Wednesday
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WEAVING

El Rancho	9:00 am	Mon./Wed.
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday
Eldorado	1:00 pm	Thursday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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YOGA

Eldorado	10:30 am	Monday \$3.00
Eldorado	1:30 pm	Friday

ACTIVITIES



February Birthday Celebrations

Join us during the lunch hour in celebrating birthdays at the following senior centers.

Ventana de Vida: Friday, February 8th

Mary Esther Gonzales: Friday 15th

Edgewood: Thursday, February 21st

Luisa: Friday, February 22nd



Mardi Gras Celebration at Pasatiempo

February 5th,
11:00 a.m. to 1:00 p.m.

Music by Phil Trujillo
Come enjoy the music, the
goodies and fun
before the Lenten Season starts.



Fat Tuesday Dance

Please join us for the Fat Tuesday dance

Sponsored by El Rancho Center

Tuesday, February 5th

From 1:00 to 4:00 p.m.

at the Fraternal Order of Eagles, 833 Early St.

Live Music by **Camino Oscuro**

Refreshments will be served

Admission is \$2.00 for seniors age 60+.

Please bring your Senior Membership card.

Diabetic Shoes with Custom Inserts

Qualifying seniors on Medicare who have diabetes can now be fitted at no cost for diabetic shoes. These are comfortable, lightweight leather shoes in a wide variety of men's and women's styles – all of which are Medicare Approved. Diabetic shoes can offer relief from neuropathy, foot ulcers, foot deformities and poor circulation, while protecting your feet from injury. Receive free diabetic socks with every shoe order.

Come see if you qualify (Medicare recipients only-no HMOs) for this free foot ware.

Mary Esther Gonzales Senior Center

Wednesday and Thursday, February 6th and 7th

From 10:00 a.m. to 3:00 p.m.

No appointments needed – just show up

IMPACT Personal Safety

On Thursday, February 28th at 9:30 a.m. in the MEG Center dining room, there will be a presentation from IMPACT Personal Safety. Learn to protect yourself from personal assault through tips and awareness. Open to all seniors.

Villa Consuelo's monthly Potluck

February 20th 11:30 a.m. to 12:30 p.m.

Come enjoy a delicious meal and the hospitality of some great seniors.

Bring a dish or \$1.50 donation.

Edgewood AARP Tax Aide

Edgewood Senior Center

Fridays 9:30 – 1:00, Feb. 8th and Feb. 22nd,

March 7th, 14th, and 28th, April 11th.

Free service for seniors.

Look to the full page ad in this issue of the Senior Scene for the locations and times of other income tax filing assistance!

Music at Pasatiempo Center

Fridays from 11:30 to 12:30, come hear Frankie and Jimmy make some terrific music!

ACTIVITIES

Free Basic Genealogy Classes

This is a beginner's class for people who want to start exploring their personal genealogy, taught by local genealogist Jose Garcia.

Space is limited. Reservations for the next Basic Genealogy course (consisting of 4 classes) can be made by calling 955-4721. The next set of classes will be held at the Mary Esther Gonzales Senior Center on Fridays at 9:00 a.m. on the following dates:

Friday, March 7th
Friday, March 14th
Friday, March 21st
Friday, March 28th

Valentine's Day Ice Cream Social

Thursday, February 14th

Luisa Center

Please join us for complimentary
Ice Cream and Floats



Sweetheart Tramway Trip

Thursday, February 14th

Join the Travel Committee for a romantic Valentines Day on the Sandia Peak Tram. The \$25.00 registration fee includes the bus trip to and from the Tram as well as the Tram ride. Treat your honey to lunch at the High Finance Restaurant at the top!

Depart MEG Center at 9:45 a.m., arrive at the Tram at 10:45, depart 3:30 and return to MEG by 4:30 p.m. Dress warmly and wear cozy shoes.

Payment is due upon registration, limited to the first 30 people. There is a 10% cancellation fee.

For reservations, call:

Joe Martinez 470-1581 or 471-6228
Mercy Moreno 986-1416 or 955-4721

Edgewood Art Show

By Ivena Rutledge

February is our month to show exotic animals. We'll have paintings of camels, giraffes, zebras, and lions. Come see them at Edgewood Senior Center and enjoy what seniors can do.

We have lessons and painting times on Thursdays, from 1:00 to 3:00 p.m. Everyone is welcome to come to our center and to enjoy our work. We furnish paint and instruction, so come and see what you can do.

Edgewood Valentine's Day Celebration

Edgewood Senior Center

Thursday, February 14th
at 12:30 P.M.



Edgewood AARP Tax Aide

Edgewood Senior Center

Fridays 9:30 – 1:00

Feb. 8th and Feb. 22nd

March 7th, 14th, and 28th, April 11th

Free service for seniors

Look to the full page ad in this issue of the *Senior Scene* for the locations and times of other income tax filing assistance!

Washington, DC Trip

April 29 to May 9, 2008

The final payment for the Senior Travel Committee trip to Washington, DC is due on Monday, February 18, 2008.

For payment/ info contact:

Corrine Sanchez @ 986-1780

Don Bell @ 982-2707

ACTIVITIES

Mobile Health Fair Van

Free services for any age: health assessments, health education, finding affordable healthcare in your community, Medicaid registration, and answers concerning eligibility for many payment options. This service is sponsored by Santa Fe County, St. Vincent Regional Medical Center & Presbyterian Medical Services. For more information, call Angela Thorndyke, RN, Mobile Health Van Nurse at 231-2382.



Heart Health for Valentines Day

Free Total Cholesterol Clinic in Chimayo on February 14th 10am-2:30pm. The screening is open to anyone over age 18 and you do not need to be fasting.

- Feb 4th Edgewood Senior Center 10-2
- Feb 5th Bethel Community Storehouse 10-2
- Feb 6th Vista Grande Library in Eldorado 10-3
- Feb 7th Agora Supermarket in Eldorado 10-3
- Feb 12th Santa Cruz Senior Center 10-2:30
- Feb 13th Rio en Medio 10-2
- Feb 14th Chimayo Senior Center 10-2:30 (Free total cholesterol screenings)
- Feb 18th Ventana de Vida 10-3
- Feb 19th Salvador Perez Pool 10-3
- Feb 20th Pojoaque Senior Center 10-3
- Feb 21st Fort Marcy 10-3
- Feb 25th El Rancho 10-2
- Feb 26th Chavez Community Center 10-3
- Feb 27th Pasatiempo 10-3
- Feb 28th Luisa Center 10-3

Bake Sale

Tuesday, February 12th at
Luisa Center
Beginning at 8:30 a.m.
Enjoy homemade baked goods!



Door Prizes

will be given at the Luisa Center Bingo
Friday, February 15th
1:00p.m. – 3:00p.m.
See you there!

Movie Days

M.E.G. Senior Center
Friday, February 15th
1:00 p.m.

The Stepford Wives

What does it take to become a Stepford wife, a woman perfect beyond belief?

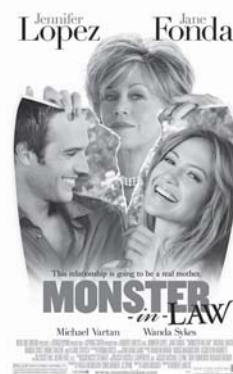
Ask the Stepford husbands, who've created this high-tech terrifying little town, in a very modern comedy-thriller. With Nicole Kidman, Matthew Broderick, Bette Midler, Christopher Walken, Faith Hill and Glenn Close. Rated PG-13



Luisa Senior Center
Thursday, February 28th
1:00 p.m.

Monster-in-Law

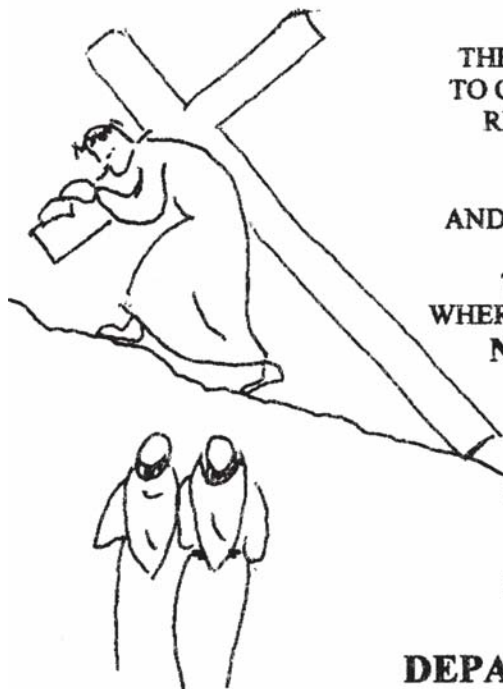
Gorgeous Charlotte Cantilini (Jennifer Lopez) has finally met "Mr. Right," Dr. Kevin Fields (Michael Vartan). In this wonderful comedy, there's just one problem that stands in the way of everlasting bliss: Kevin's overbearing and controlling mother, Viola (Jane Fonda). Fearing she will lose her son's affections forever, Viola decides to break up the happy couple by becoming the world's worst mother-in-law. Co-stars Wanda Sykes. Robert Luketic directs. Rated PG-13



Lenten Pilgrimage

San Luis, Colorado

**SIGN UP FOR THE LENTEN PILGRIMAGE IN SAN LUIS, CO.
SCHEDULED FOR MARCH 11, 2008**



THE PILGRAM WALK IS PLANNED FOR THOSE WANTING
TO CONCLUDE THE LENTEN SEASON WITH A TRIBUTE OF
REVERENCE AND PRAYER AT THE SHRINE WHICH IS
DEDICATED TO CHRIST'S CRUCIFIXION.

THE ROUTE WILL GO NORTH VIA OJO CALIENTE
AND OTHER SMALL VILLAGES INCLUDING TRES PIEDRAS,
ANTONITO, CO. AND INTO SAN LUIS.

THE RETURN TRIP WILL BRING US VIA TAOS, NM.,
WHERE WE WILL HAVE TIME TO ENJOY A PLEASANT LUNCH

NOTE: LUNCH IN TAOS IS ON YOUR OWN.

\$35.00 PER PERSON

Payment due upon registration. First come first served
10% cancellation fee

Price includes a snack lunch only

Bring your own beverages (water, juice, soft drink etc.)

DEPART: MEG CENTER MARCH 11, 7:00 AM
ARRIVE : SAN LUIS, CO. MARCH 11, 10:30 AM

DEPART: SAN LUIS, CO. APPROX: 12:30 PM
ARRIVE: TAOS, NM APPROX: 1:30 PM

DEPART: TAOS, NM 3:00 PM
ARRIVE: MEG CENTER 4:30PM

Note: 1. DRESS WARMLY! 2. WEAR COMFORTABLE WALKING SHOES!
(This trip requires some walking)

CALL: CONNIE DURAN @ 982-4908

50+ SENIOR OLYMPICS

AND, WE ARE OFF AND RUNNING

The Kick-Off for the 2008 50+/Senior Olympics Registration was on January 14th. We are gung ho and ready to go. We expect and hope to have a banner year this year, what with this being a qualifying year for National Senior Olympics in 2009, which is going to be held in the San Francisco Bay area. So, start saving your nickels and dimes so that you can attend Nationals next year which will be held, I hear, at my alma mater, Stanford University.



And, let me remind you that 2008 marks the 30th Anniversary of the City of Santa Fe Senior Olympics. To commemorate this anniversary, the 50+/Senior Olympics Advisory Committee decided to go with a special anniversary polo shirt, which will be provided to registered 2008 City of Santa Fe Olympians. As an added incentive to register for the local Olympics, we are again making available the use of Fort Marcy, Salvador Perez and the Genoveva Chavez Community Center facilities, excluding classes with a fee. Active participants of the 2008 City of Santa Fe Senior Olympics will receive a card entitling them to the use of these facilities upon participating in at least one local event. This is an offer you cannot pass up, especially if you want to stay healthy and have fun.

Do not wait until the last minute to register because some of our events start in early March, including: Air Gun, March 4th and 6th; Basketball Free Throw, March 6th; Racquetball, March 13th. The other March events will be publicized in the March newsletter. Remember, the sooner you participate in an event, the sooner you get your card to use our fitness centers. Hope to see you soon at one of our registration sites.



I am ending this article on a sad note. I would like to take a moment to remember one of our Senior Olympians, Miguel E. Trujillo, who passed away on January 8th, 2008. He had just turned 92 years of age on January 3. Miguel attended his last State Games in August 2007. We will miss you so much, Miguel.

Hasta luego, Carmen

COME REGISTER FOR THE 30TH ANNUAL 50+/SENIOR OLYMPICS AT THE FOLLOWING LOCATIONS:

MARY ESTHER SENIOR CENTER

1121 ALTO STREET

9:00 A.M. TO 4:00 P.M. MON - FRI
ONGOING REGISTRATION

GENOVEVA CHAVEZ COMMUNITY CENTER

3221 RODEO ROAD

MONDAY, FEBRUARY 11th, 2008

10:00 A.M. TO 1:00 P.M.

TUESDAY, FEBRUARY 12th, 2008

8:30 A.M. TO 12:00 NOON

FORT MARCY RECREATION COMPLEX

490 WASHINGTON

WEDNESDAY, FEBRUARY 13th, 2008

11:30 A.M. TO 1:30 P.M.

SALVADOR PEREZ FITNESS CENTER

601 ALTA VISTA

MONDAY, FEBRUARY 18th, 2008

9:00 A.M. TO 12:00 NOON

Note: All payments must be in the form of checks or money orders made out to S.A.C. No cash accepted.

Rx-America Group, Inc.

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or who have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name _____ Address _____

City, State Zip _____

Telephone Number _____ Best Time to Call _____

Prescription _____ Dosage (ml. or mg.) _____

Prescription _____ Dosage (ml. or mg.) _____

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

HEALTH & SAFETY

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), and Frances Vigil, RN, (county centers) on the following dates:

M.E.G. Center - First and Second Tues.	February 5, 12	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs.	February 7	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs.	February 14	10:00 a.m. to 11:00 a.m.
Ventana de Vida Center - Third Thurs.	February 21	11:00 a.m. to 12:00 noon
Pasatiempo - Third Tues.	February 19	11:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed.	February 20	11:00 a.m. to 1:00 p.m.

HEALTH & SAFETY

Keep Your Own Medical Records

(From *AARP Magazine* Jan/Feb 2008)

The more doctors you see, the more medical files you have. And the more scattered your medical records are, the higher your risk of drug errors, missed diagnoses, and other dangerous glitches.

The solution: Keep a set of your own records at home. It's easier than it sounds. And along with avoiding errors, you might even make yourself healthier. "Personal health records are a great tool for helping people make decisions and understand trends in their own health," says Veenu Aulakh, senior program officer at the California Health Care Foundation. "People who are engaged are healthier, with a better quality of life."

Your at-home records can be on paper or electronic, though right now there's no one digital format that all doctors use. (The American Health Information Management Association provides a guide to formats at www.myphr.com) Whatever your medium, here are some tips for getting started.

- Start small: To dip a toe in, request a copy of your test results at your next doctor appointment.
- Cast a wide net: Don't stop at medical offices. Collect your records from dentists, pharmacies, hospitals, labs and other facilities you visit.
- See red: Keep your records in a bright-colored folder so they'll be easy to spot in an emergency.
- Divide and conquer: Organize info in a way that makes sense to you, but mark it clearly, so it makes sense to others as well.
- Arm yourself: Always carry a mini-record that names your doctors, an emergency contact, and names and dosages of any medications you take.

Medicare Senior Risk Reduction

The CMS Medicare Senior Risk Reduction Demonstration is designed to evaluate whether health promotion and disease prevention programs currently offered by national private insurers and employers can be delivered by the Medicare program to encourage beneficiaries to engage in healthy lifestyles and practices that can help them maintain and improve their health and reduce the

need for health care services for preventable illnesses, injuries, or complications. For more information, on this or Agency on Aging: http://www.aoa.gov/press/pr/2007/December/12_19_07.asp

Acupuncture

(Excerpted from Consumer Reports *On Health* December 2007)

Acupuncture began in China 2,000 to 3,000 years ago. In that ancient time, people knew little about the anatomy of the human body. They believed that people in pain had blocked qi, pronounced "chee," which is energy that flows through channels, or meridians, to different parts of the body. They found that pain would lessen if you used stimulation such as a needle at certain points on these meridians. There are 361 acupuncture points in all, along 14 different meridians. From China, acupuncture spread throughout Asia, then Europe and the U.S. It really took off in the U.S. in the 1970s, when the relationship between China and the U.S. opened up.

The evidence is pretty clear that acupuncture can stimulate the production of endorphins, natural painkillers from your own brain. It can also send signals along the hypothalamus-pituitary-adrenal axis, producing glucocorticoids, compounds that suppress inflammation. MRI studies show that acupuncture stimulates brain activity. Our research has found that acupuncture reduces pain from knee arthritis. Patients receive acupuncture to relieve back and neck pain, sports injuries, muscle strains, headaches, menstrual cramps, and the nausea and pain associated with chemotherapy.

Don't worry, it doesn't hurt. Acupuncturists now use very, very thin disposable needles and patients can hardly feel it. Plan on seeing an acupuncturist twice a week for the first two or three weeks, then less often if you're doing better.

Look for an experienced acupuncturist who has a state license as well as certification from the National Certification Commission for Acupuncture and Oriental Medicine.

PUZZLES

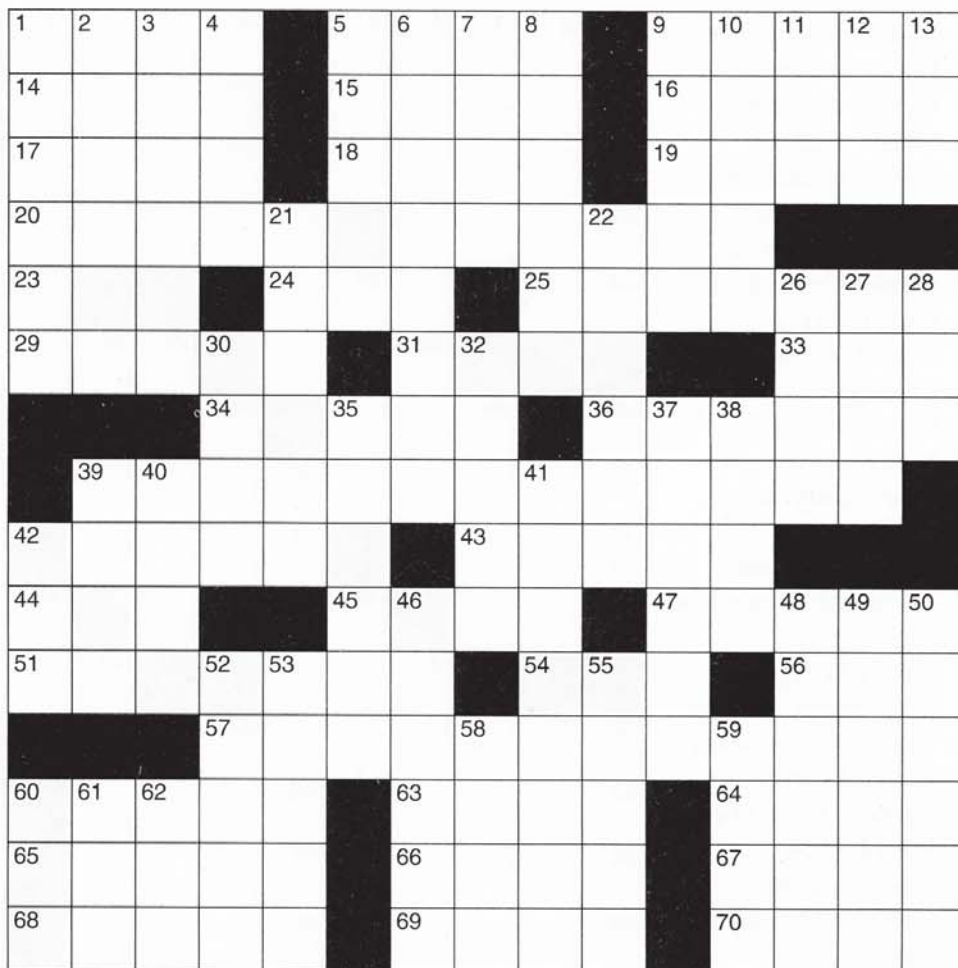
ACROSS

- 1 Card spots
- 5 Thunder sound
- 9 Special Forces cap
- 14 Polaroid
- 15 Jim-dandy
- 16 Fragrance
- 17 George Bush's alma mater
- 18 Monster of a boss?
- 19 Put in a nutshell
- 20 Act like a slave-driver
- 23 Tribesman's home
- 24 Fisherman's profit?
- 25 Oriental
- 29 Shorthand writer, for short
- 31 Beholder
- 33 Whisper sweet nothings
- 34 "___ Teen-age Werewolf" (1957 film)
- 36 Ventilate
- 39 Leave, in 60's slang
- 42 Computer key
- 43 Merlin of TV's "Father Murphy"
- 44 Prefix with classic or natal
- 45 Skin soother
- 47 Build on
- 51 Pacify
- 54 Small worker in a big organization
- 56 Elementary particle
- 57 Reveal for the first time
- 60 "I'll give you \$500 for this old car," e.g.
- 63 Prefix with legal
- 64 Far from shore
- 65 The Scales, astrologically
- 66 "Like ___ not"
- 67 Be a snitch
- 68 Receiver of prayers
- 69 Zero
- 70 Otherwise

DOWN

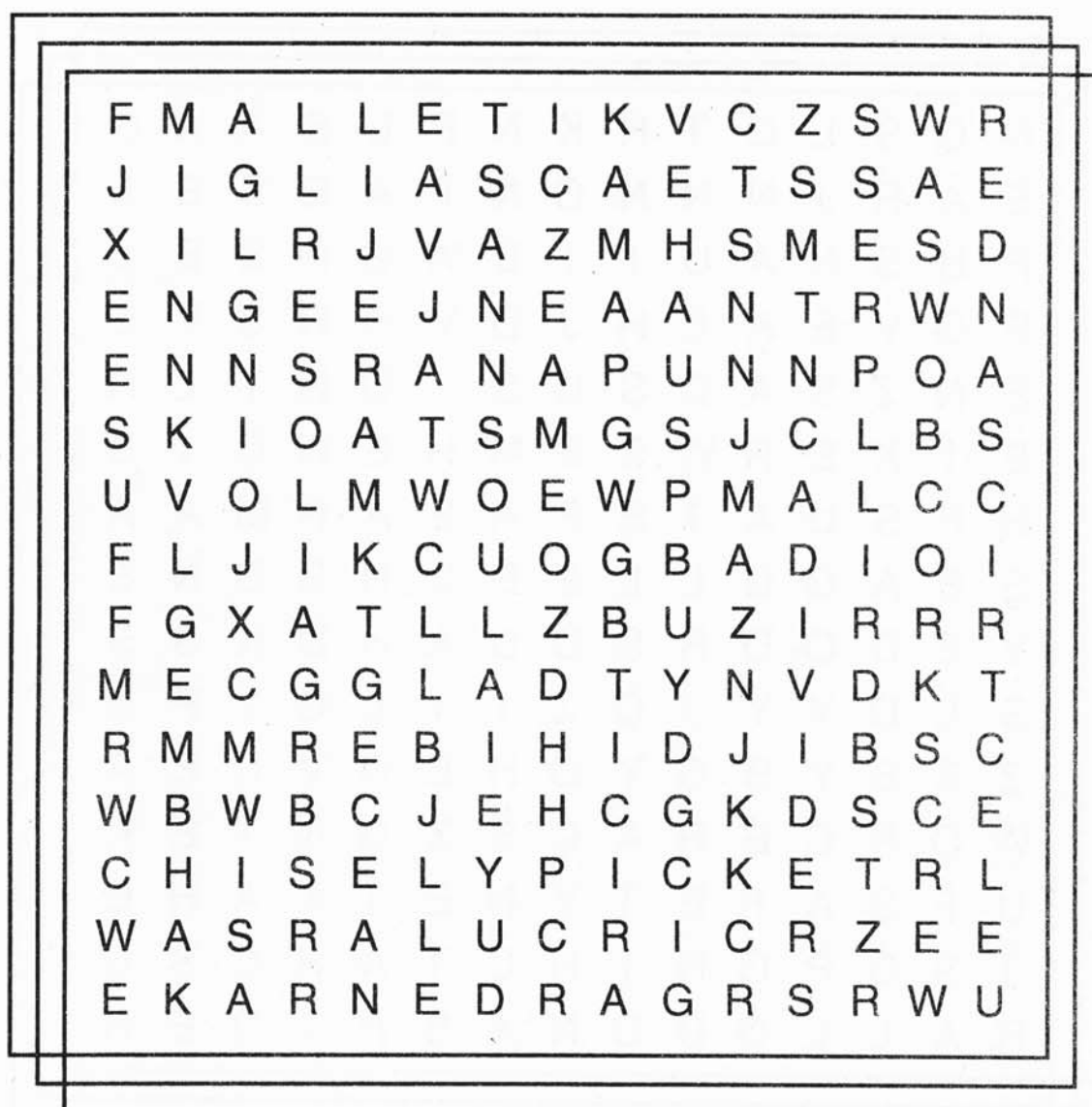
- 1 Intimidates mentally, with "out"
- 2 Stuck and not going anywhere
- 3 Sense of taste
- 4 Not guaranteed, after "on"
- 5 \$100 bill
- 6 Least heavy
- 7 Farm measure
- 8 Teeny-tiny
- 9 Groundwork
- 10 Blow up
- 11 CD-___
- 12 Ostrich's cousin
- 13 Item on a dancer's heel
- 21 Be positive
- 22 Give a hard time
- 26 Supply-and-demand subj.
- 27 Casanova type
- 28 "___ to worry"
- 30 World's longest river
- 32 Country bumpkin
- 35 "Relax, soldier!"
- 37 When glaciers advanced
- 38 Tear to bits
- 39 Ooze
- 40 Alka-Seltzer sound
- 41 Subatomic bit
- 42 Gene component
- 46 One way to get wet
- 48 Fuel for big rigs
- 49 Steam bath garb
- 50 Bargain-hunter's favorite words
- 52 Film critic Roger
- 53 Large grouping

- 55 Chicago hub
- 58 Green Hornet's aide
- 59 Basketball Hall-of-Famer Archibald
- 60 Worn out
- 61 "Fee ___ foe fum"
- 62 Hoover's org.



PUZZLES

TOOLS OF THE TRADE



W-0195

ANVIL
 BELLOWS
 BOW SAW
 CEMENT MIXER
 CHALKLINE
 CHISEL
 CIRCULAR SAW
 CLAMP

COMPASS
 CORKSCREW
 DIVIDERS
 DRILLPRESS
 ELECTRIC SANDER
 FILE
 FLOORJACK

FUSE
 GARDEN RAKE
 GLUEGUN
 GREASEGUN
 JIGSAW
 MALLET
 PICK

PUZZLE ANSWERS

P	I	P	S		C	L	A	P		B	E	R	E	T
S	N	A	P		N	I	C	E		A	R	O	M	A
Y	A	L	E		O	G	R	E		S	U	M	U	P
C	R	A	C	K	T	H	E	W	H	I	P			
H	U	T		N	E	T		E	A	S	T	E	R	N
S	T	E	N	O		E	Y	E	R			C	O	O
				I	W	A	S	A		A	I	R	O	U
	S	P	L	I	T	T	H	E	S	C	E	N	E	
D	E	L	E	T	E		O	L	S	E	N			
N	E	O			A	L	O	E		A	D	D	T	O
A	P	P	E	A	S	E		C	O	G		I	O	N
				B	R	E	A	K	T	H	E	N	E	W
O	F	F	E	R		P	A	R	A		A	S	E	A
L	I	B	R	A		I	T	O	R		T	E	L	L
D	E	I	T	Y		N	O	N	E		E	L	S	E

F	M	A	L	L	E	T	I	K	V	C	Z	S	W	R
J	I	G	L	I	A	S	C	A	E	T	S	S	A	E
X	I	L	R	J	V	A	Z	M	H	S	M	E	S	D
E	N	G	E	E	J	N	E	A	A	N	T	R	W	N
E	N	N	S	R	A	N	A	P	U	N	N	P	O	A
S	K	I	O	A	T	S	M	G	S	J	C	L	B	S
U	V	O	L	M	W	O	E	W	P	M	A	C	C	
F	L	J	I	K	C	U	O	G	B	A	D	I	O	
F	G	X	A	T	L	L	Z	B	U	Z	I	R	R	R
M	E	C	G	G	L	A	D	T	Y	N	V	D	K	T
R	M	M	R	E	B	I	N	I	D	J	I	B	S	C
W	B	W	B	C	J	E	H	C	G	K	D	S	C	E
G	H	I	S	E	L	Y	P	I	C	K	E	T	R	L
W	A	S	R	A	L	U	G	R	I	E	R	Z	E	E
E	K	A	R	N	E	D	R	A	G	R	S	R	W	U

SENIOR CENTER LUNCH MENU

FEBRUARY 2008

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
HAPPY VALENTINES DAY!				1 (2) BAKED EGG ROLLS W/ SOY SAUCE FRIED RICE W/ EGG STIR FRY VEGETABLES MANDARIN ORANGES
4 HAWAIIAN HAM W/ PINEAPPLE BITS BAKED SWEET POTATOE BUTTERED MIXED VEGETABLES CHERRY PIE WHOLE WHEAT ROLL	5 NORTHERN NM GREEN CHILE CHICKEN ENCHILADAS W/ FIXINGS & SOUR CREAM SPANISH RICE PINTO BEANS TROPICAL FRUIT WHOLE WHEAT TORTILLA	<u>ASH WED</u> 6 TRADITIONAL SALMON PATTY W/ RED CHILE SEASONED SPINACH NATIVE PINTO BEANS JELL-O-W/ FRUIT WHOLE WHEAT TORTILLA	7 OLD STYLE HAMBURGER STEAK W/ GRILLED BELL PEPPERS & ONIONS BROWN GRAVY MASH POTATOES W/GRA SEASONED GREEN BEAN TROPICAL FRUIT WHOLE WHEAT ROLL	8 BAKED TUNA NOODLE CASSEROLE W/ CRACKERS BUTTERED MIXED VEGETABLES SCALLOPED POTATOES FRESH PEAR
11 TAMALE W/ RED CHILE SEASONED CALABACITA REFRIED BEANS FRUIT YOGURT WHOLE WHEAT TORTILLA	12 BAKED PORK CHOP WITH BROWN GRAVY MASHED POTATOES BUTTERED CARROT COIN COTTAGE CHEESE W PEACHES WHOLE WHEAT ROLL	13 SALISBURY STEAK W/ BROWN MUSHROOM GRAVY 1/2 BAKED POTATOES 3-WAY VEGGIE DELIGHT APPLE CRISP WHOLE WHEAT ROLL	VALENTINE DINNER 14 ROAST BEEF W/ A JUS SAUCE MASH POTATOES W/ BROWN GRAVY BUTTERED MIX VEGGIES TOSSED SALAD PECAN PIE DINNER ROLL	15 RED CHILE BEAN & CHEESE BURRITO W/ FIXINGS SALSA CORN PEACH COBBLER FRUIT JUICE
18 JUICY GREEN CHILE CHEESE BURGER WITH FIXINGS POTATOE SALAD BAKED ONION RINGS FRESH ORANGE	19 RED CHILE FRITO PIE W/ GARNISH SODA CRACKERS SEASONED PINTO BEANS MIXED VEGGIES ANGEL FOOD CAKE WITH FRUIT TOPPING	20 HOME STYLE TURKEY W/ BROWN GRAVY VEGGIE STUFFING SEASONED MIXED VEGGIE CHERRY CRISP WHOLE WHEAT ROLL	21 PICNIC STYLE BBQ BEEF SANDWICH SEASONED SPINACH W/ BACON MACARONI & CHEESE FRESH APPLE	22 BATTERED COD FILLET W/ TARTAR SAUCE WILD RICE BUTTERED BROCCOLI & CAULIFLOWER MIXED FRUIT WHOLE WHEAT ROLL
25 SEASONED PEPPER STEAK W/ WHITE RICE & BROWN GRAVY STEAMED CARROTS & BROCCOLI JELL-O- W/ PEACHES WHOLE WHEAT ROLL	26 BREADED CHICKEN BREAST SANDWICH W / GARNISH TATER TOTS TOMATO SALAD APRICOTS	27 CLASSIC PORK ROAST W/ BROWN GRAVY & MASH POTATOES BUTTERED CALF-VEGGIE APPLE PIE W/ TOPPING WHOLE WHEAT ROLL	28 TRADITIONAL SPAGHETTI W / MEATBALLS ITALIAN VEGGIES TOSSED SALAD GARLIC BREAD STICKS ICE CREAM	29 COOKS CHOICE!

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50
Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$5.40



City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

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